

ARTHRITIS MEETING

Date: September 21, 2004

Time/Place: 12-2, PTC Bldg, 7th Floor

Recorder: Deanna Jarvis

Facilitator: Patti Moran

Attendees: Barbara Burri, Susie Beem (phone), Lisa Fall (phone), Michael Gay (CDC), Susan Gordon, Mimi Hartman, Tom Howell, Jeanette Jones, Maggie Mann (phone), Patti Moran, Victoria Saley (phone), Dan Ward, Stacey Royster Ward, Jamie Watson.

DISCUSSION	ACTION/RECOMMENDATION
<p>Updates</p> <ul style="list-style-type: none"> ▪ Media Campaign Evaluation (Patti) A small (700 households) evaluation of the media campaign was conducted by an independent research firm. The recall rate was 22%; the national is 17%. This data showed that the campaign was able to deliver a message and get the message remembered by 200,000 Idahoans. ▪ Arthritis and Fibromyalgia Self-Management Courses (Victoria) This week's course in Twin Falls had a good turnout; next week's in Boise needs more participants. She asked for help in getting the word out about the class. She said the media in smaller towns is easier to work with than in large cities like Boise and Salt Lake City. ▪ Spanish Language Materials Survey - Patti received some positive responses and some saying that some of the materials' readability level was too high. Three Community Health Clinics responded (out of seven) and ordered materials for five clinic offices. ▪ Chronic Disease Program Integration (Mimi) Integration of diabetes and asthma has begun. Ways to integrate all chronic disease programs including arthritis are being discussed. ▪ YMCA's - The Caldwell YMCA is scheduled for completion October 2005; it will include the AF Aquatics Program. McCall is trying to build an aquatics and recreation facility similar to the Downtown Boise Y; however, it is not slated to be a Y. The aquatics and rec facility planned for the Wood River Valley will be a YMCA and the director is familiar with AF exercise programs and is supportive. ▪ 2003 Arthritis Data - Patti reported the most striking result, and one that needs to be addressed, is 85% of those with arthritis have not been told by a doctor they need to lose weight to manage their joint symptoms. ▪ Joint Efforts - Joan Rigg gave a presentation on osteoarthritis at Hewlett-Packard on September 22. Patti provided her with materials from the program and information on ASHC, PACE and Aquatics classes. 	
<p><i>Perspective from The Centers for Disease Control and Prevention - by Michael Gay, Project Officer for the Idaho Arthritis Program (IAP)</i></p> <p>CDC funds 36 states for four interventions: PACE, Aquatics, Arthritis Self-Help Course, and Media Campaign. The Project Officer's job is to get the IAP more money. The Arthritis Foundation (AF) is a major player in all the states funded by CDC, as are the YMCA and private therapy businesses. Patti noted an example of partner involvement is Stacia getting features on tv and articles in the newspaper promoting the Prevention and Cure Act.</p>	
<ul style="list-style-type: none"> ▪ One-day Arthritis Management Course Development - Patti has made progress on the written material and has purchased assistive devices for class demonstration purposes. 	<ul style="list-style-type: none"> ▪ Council members will be asked to help edit this in the next two months.
<ul style="list-style-type: none"> ▪ State Report - Patti emphasized wants to include stories of people with arthritis in the next state report so asked everyone to begin collecting them. The Council discussed confidentiality issues and collecting stories at the AF Walk, perhaps getting a photographer to take pictures. The Arthritis Foundation has done 3 	<ul style="list-style-type: none"> ▪ Council members will collect stories. ▪ Lisa recommended we all become advocates. ▪ Stacia volunteered to assist.

DISCUSSION	ACTION/RECOMMENDATION
<p>videos - “Faces of Arthritis”. Lisa said people who share their stories want to know where and how their stories are being used; they don’t want to give just a blanket consent. She said rather than ask them to write their own stories, identify people who would have the stories you want and interview them.</p>	
<p><i>Aquatics brochure</i></p> <ul style="list-style-type: none"> ▪ Patti shared a draft of the aquatics brochure and asked for feedback. The brochure is designed to give health professionals a resource when patients need help with physical fitness issues. 	<ul style="list-style-type: none"> ▪ The Council made several recommendations for changes, including size of type and emphasizing ‘warm’ water. Lisa asked that the printing be delayed until the program name change is done.
<p><i>National Arthritis Month</i></p> <ul style="list-style-type: none"> ▪ Patti hopes to get more reach out of the AF Walk with two more health district on board. ▪ Brainstorming - Council members put forth other suggestions for National Arthritis Month. 	<ul style="list-style-type: none"> ▪ Dan Ward said we need to find how to get people to do self-help, to take control of their arthritis. ▪ Larry Gephardt might come to the Walk and help promote; we just have to get on his schedule. ▪
<p><i>Idaho Arthritis Program Budget</i></p> <ul style="list-style-type: none"> ▪ Patti will use carryforward dollars to fund projects such as another CDC Physical Activity Media campaign. 	<ul style="list-style-type: none"> ▪ Council members could write newspaper columns on arthritis and buy space for them. We may be able to do an insert in a medical newsletter.
<p><i>Next meeting date:</i> November 16, 2004</p>	